

Food Technology

Subject Intent

Cooking meals from scratch is a life skill, we aim to equip pupils with the knowledge, understanding and skills required to cook and apply the principles of nutrition and healthy eating. If pupils learn to cook a variety of foods, they are more likely to make better food choices and understand healthy eating. Across the curriculum we aim to instil a love of cooking, one of the greatest expressions of human creativity.

Aims

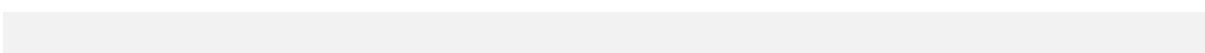
- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties of food groups.
- Understand the relationship between diet, nutrition, and health, including the physiological and psychological effects of poor diet and health.
- Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes and diet and health choices.
- Recognise the environmental impact of food production and farming practices.

Brief outline of work being studied by pupils in year 7, 8 & 9

To understand the basic skills and techniques required for cooking, following the Eatwell guide.

Enable pupils to learn where food comes from, how to cook a range of dishes safely and hygienically and to apply their knowledge of healthy eating.

Year 7 Unit Titles	Year 8 Unit Titles
<ul style="list-style-type: none"> • French toast <ul style="list-style-type: none"> • Bread rolls • Pasta salad • Wedges with a dip • Spicy rice • Vegetable stir fry • Fairy cakes • Shortbread 	<ul style="list-style-type: none"> • Omelette • Vegetable chow mein • Bread based pizza • Tomato and cheese pasta bake • Parmentier potatoes • Vegetable risotto • Choc chip cookies • Butterfly cakes
<ul style="list-style-type: none"> • Year 9 – Unit titles • Frittata • Fresh mayonnaise potato salad • Garlic doughballs • Mac n cheese • Potato salad • Vegetable biryani • Vegetable ramen • Swiss roll • Viennese fingers 	



Departments homework policy for pupils in year 7, 8 & 9	
<p>Pupils are expected to a container for their food each lesson, basic ingredients are provided for all pupils. In addition, they may bring in ingredients from home to enhance their dishes, details will be placed on Classcharts each week.</p>	
Year 7 Homework Tasks	Year 8 & 9 Homework Tasks
<ul style="list-style-type: none"> • Key word research • Knowledge organiser quiz • Menu planning activity 	<ul style="list-style-type: none"> • Key word research • Knowledge organiser quiz • Menu planning activity • Recipe research • Food mileage activity • Time plan for dish of choice for assessment

In KS4 pupils follow the WJEC food and catering Level two vocational Qualification.

The qualification provides a foundation of knowledge, understanding and skills that are required by the Hospitality and catering industry. Pupils have the opportunity to develop a variety of skills including food preparation and cooking, organisation, time-management, planning, communication and problem solving.

The course is made up of two units:

Unit 1: The Hospitality and catering industry, pupils will learn about different parts of the hospitality sector, front of house and kitchen operations, the needs and requirements of customers, issues related to nutrition and food safety and what makes a business successful.

Component/unit 1

What is assessed:

- The hospitality and Catering sector

How will it be assessed:

- External assessment in June of year 11 which forms 40% of the overall grade

Component/unit 2

What is assessed:

- An internally set and marked report on nutrition and customer needs
- An internally set and assessed four-hour practical exam where pupils will be graded on their ability to plan, prepare and cook two dishes with accompaniments.

How will it be assessed:

- Internal assessment of NEA completed by class teacher, which is worth 60% of the final grade

Please provide a brief description of the departments homework policy for pupils at KS4

Pupils have regular homework in the form of quizzes and embedding activities along with a formal written assessment each half term and a practical assessment which they will need to plan and prepare for.

1.